

## Diet and fitness programs offered

This fall faculty, staff, and students may evaluate their eating habits and physical fitness through two new programs offered by the Department of Physical Education and Recreation's Aerobic and Fitness Training Institute of the Deaf (AFID).

The Dine system nutritional analysis and diet improvement program, and a fitness analysis program, are being offered for the first time this fall.

"They're outstanding programs for the department as we try to meet the needs of the campus community in terms of wellness and holistic health," said Dr. Ronald Dreher, associate professor and chairman of the Department of Physical Education and Recreation, who is responsible for both programs.

Participants in the Dine system program must record everything they eat for at least seven days. Dreher will then calculate the results and will review them with participants. A follow-up consultation will be scheduled about four months later.

Priscilla "P.K." Krisman, a Gallaudet Workout instructor and administrative secretary in MSSD's Professional and Program Services Department, is the first to complete the Dine system here.

"You have to write down everything that you eat all day long, including the spices that were in the food," she said. "The book gives a code for each thing."

Krisman kept track of everything she ate for two weeks. Some of her choices, however, were difficult to record, such as the ingredients in sesame noodles or butterscotch sauce. "I told Dr. Dreher that I couldn't find butterscotch sauce in the book and he said, 'What was the butterscotch sauce on?' I told him, 'It was on my vanilla ice cream with pecans.' I think I broke the computer," she said, laughing.

The Dine system also required that Krisman record her daily exercise. The book gave a category for Krisman's aerobic exercise classes, but didn't have a category for dancing. The only category that seemed accurate for an evening she spent dancing was 'twist and jiggle,' Krisman said.

"I tried to be really honest with it," said Krisman. "I'm really active, and I need energy. You get energy from the food you eat, so I really wanted to find out how good or how bad my eating habits are."

The second program, a physical fitness assessment, includes a battery of tests that assess the client's flexibility, strength, muscular power, and aerobic capacity, said Dreher. The client's blood pressure and percentage of body fat are taken as well as height, weight, and

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Nancy Bloch

## Bloch to head new Management Institute

Nancy Bloch, a Gallaudet graduate and a nine-year employee of the University, has been named director of the School of Management's Management Institute.

Bloch, who previously served as coordinator of the Professional and Community Training Program in the College for Continuing Education's National Academy, is responsible for designing and implementing management training programs, courses, and seminars for deaf professionals and their employers.

"The institute is a first," Bloch said. "There are no other management training programs designed specifically for deaf professionals in the country. I will be actively involving professionals within the business sector, and more importantly, successful managers and entrepreneurs who are deaf."

Bloch holds a master's degree in school counseling and guidance from Gallaudet and a bachelor's degree in psychology from the University of Miami.

A major goal of the Management Institute is to provide opportunities that will enable deaf people to expand their career horizons, and to more effectively manage their career advancements.

Two fall programs that are being scheduled by the Institute are "After Hours..." a new Microcomputer Applications for Business Certificate Program offered in conjunction with the Department of Technical Studies at the Northwest Campus, and "Starting Your Own Business," a series of seminars presented in conjunction with the Small Business Administration.

Future plans include extending the program throughout the University's Regional Center network.

## Fall classes get under way

The languid atmosphere on Gallaudet's campuses during Washington's worst heat wave on record took an abrupt about-face today in a flurry of activity as classes resumed on Kendall Green and the Northwest Campus.

Based on estimates given earlier this month by the University's Office of Enrollment Services, approximately 677 new students arrived at both campuses for classes this fall. Of that number, 119 are graduate students, including four doctoral candidates, 311 are freshmen or transfer students, 228 are preparatory students—37 of whom are returning students—and 19 are special undergraduates.

Enrollment officials stress that their figures are preliminary and final numbers will not be tallied until classes get under way.

At Kendall Green, 340 new Gallaudet students arrived on campus by Aug. 16 for New Student Orientation (NSO), an eight-day program that helps new freshman, transfer, international, graduate, and special students become comfortable with their surroundings. The program also offers various tests necessary to place new students in appropriate classes.

New additions to the NSO program at the university level this year were an arrival day reception held to give students the opportunity to meet faculty, staff, and President King Jordan; a parent orientation program; an introduction to Washington, particularly the modes of transportation available in the city; a skit contest; and a take-off on a famous television game show, here dubbed "Gollywood Squares."

"They're a very enthusiastic group," NSO Program Assistant Debbie Colon said of the new students. "The program is worthwhile because the students are becoming more comfortable about Gal-

laudet and themselves."

"We're very excited to help students receive an overview of Gallaudet programs and support services and be able to socialize with their class members," said NSO Co-Coordinator Karen Sheffer-Tucker.

"We're anticipating a great year," Northwest Campus' interim Dean Kenneth Epstein said during NSO week, which began on the Northwest Campus Aug. 15.

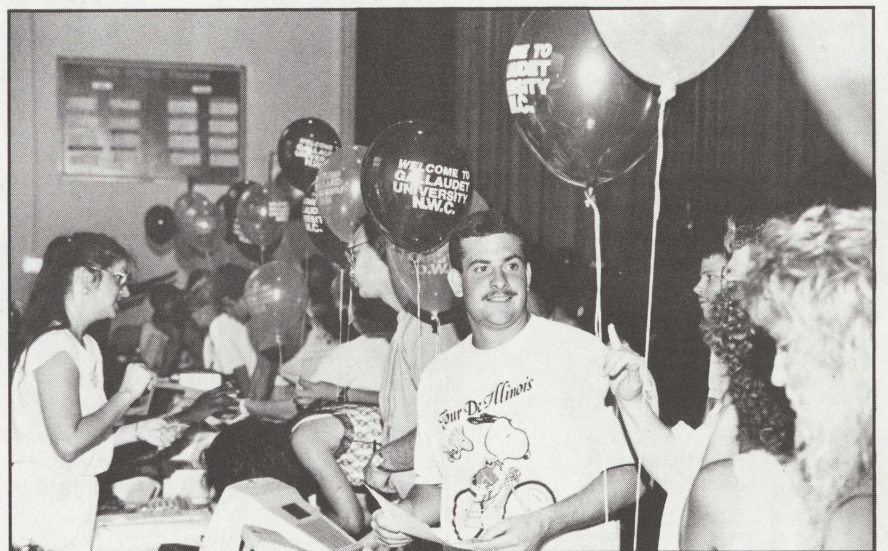
On the first day of their NSO activities, the 130 Northwest students participating in the program were paid a visit by President King Jordan and Interim Provost Ann Davidson. Unfortunately, their arrival was punctuated by the onset of the Washington, D.C., area's worst thunderstorm in seven years.

"The president and the provost walked in, and the power went out immediately," Dr. Epstein said. "But things kept going smoothly, so we're interpreting that as a good omen for the year."

While waiting for today's start of classes, Northwest Campus students have been filling their hours with activities ranging from culture shock workshops to blackjack lessons, in addition to more routine pastimes such as math and English placement tests.

New "mini-courses" taught by the Northwest Campus staff and faculty include a little of everything: scavenger hunts, movie outings, Civil War battlefield tours, computer courses, discussions about the Deaf President Now movement, and what it's like to be young and single in Washington.

"A lot of these topics are fun, but you can work in educational things too," Epstein said. "You can get something intellectually worthwhile out of anything if you use some creativity."



The atmosphere is festive as new students in the School of Preparatory Studies register for classes at the Northwest Campus during New Student Orientation.



## Computer Services short courses

The following short courses are being offered by Computer Services this fall.

### WordPerfect 4.2—Level 1

Section A: Sept. 27, 1-4 p.m.  
Section B: Oct. 4, 1-4 p.m.

Participants gain a thorough working knowledge of this word processing package and learn basic text entry and formatting skills through hands-on exercises. Topics include centering, help, justification, print, save, block copy, block move, bold, underlining, paragraph numbering, and reveal codes commands. No prior WordPerfect experience required.

### WordPerfect 4.2—Level 2

Section A: Oct. 6, 1-4 p.m.  
Section B: Nov. 1, 1-4 p.m.

Students improve basic skills in WordPerfect and learn more advanced techniques, including searches, spell, thesaurus, footnotes, outlining, double spacing, and basic sorting. Prior experience using WordPerfect required.

### WordPerfect 4.2—Level 3

Section A: Nov. 10, 1-4 p.m.  
Section B: Nov. 17, 1-4 p.m.

Advanced WordPerfect features are covered, including macros, math, line draw, and merging. Prior experience using WordPerfect required.

### WordPerfect 4.2—Fonts and Cartridges

Section A: Nov. 29, 2-4 p.m.

This two-hour hands-on class covers everything participants need to know about changing cartridges and fonts in WordPerfect 4.2. WordPerfect experience required.

### WordPerfect 5.0 Overview

Section A: Oct. 25, 1-4 p.m.

This class will discuss the new version of WordPerfect and go over the major changes. It will also allow new users to meet and discuss the new package.

### dBASE 3—Level 1

Section A: Sept. 29, 1-4 p.m.  
Section B: Oct. 27, 1-4 p.m.

Participants can become familiar with dBASE III database management program terminology and concepts. Hands-on exercises include creating, using, and modifying a dBASE file, displaying data, relational operators, editing records, and built-in functions. No previous dBASE experience is required.

### dBASE 3—Level 2

Section A: Nov. 3, 1-4 p.m.  
Section B: Nov. 8, 1-4 p.m.

More advanced dBASE features are covered, including the sort, index, locate, find, and seek commands, mailing labels, memory variables, command files, printer output, and custom reports creation and printing. Prerequisites include either dBASE 3—Level 1 or a good working knowledge of dBASE.

### dBASE 3—Level 3

Section A: Nov. 15, 1-4 p.m.

Menus are covered, as are several types of loops used in dBASE's programming

language. An actual working dBASE program is created, using the knowledge gained in dBASE 1 and 2. Prerequisite is the dBASE 3—Level 2 class.

### dBASE 3—Level 4

Section A: Dec. 1, 1-4 p.m.

In the last of the four dBASE classes, students will add to the dBASE program started in dBASE 3—Level 3 and will learn advanced programming techniques. dBASE 3—Level 3 is a prerequisite for this class.

### Introduction to Personal Computers

Section A: Oct. 11 and 13, 1:30-4 p.m.  
Section B: Nov. 28 and 30, 1:30-4 p.m.

Topics include introduction to selected Disk Operating System Commands, directories/sub-directories, a line editor (ED-LIN), a word processor (Writing Assistant), and using a printer. No lectures are included, and no computer experience is required. Individualized instruction.

### Advanced Personal Computers

Section A: Nov. 22, 1-4 p.m.

Learn more technical information about personal computers, including how information is stored on diskettes—tracks, sectors, 3½ vs. 5¼-inch diskettes; memory—RAM, ROM, K, bit, byte, megabyte; communication terminology—baud, parity, duplex; the config.sys and autoexec.bat files; and how a PC fits together, including both internal slots and chips and external ports. A good knowledge of PCs is required, and this class will move at a faster rate than other classes.

### Introduction to Networks

Section A: Oct. 5, 2-5 p.m.  
Section B: Oct. 7, 2-5 p.m.

This course provides an introduction to BITnet, Ethernet, Internet and DECnet. Includes electronic mail, file exchange, and remote login.

### Introduction to UNIX

Section A: Oct. 12 and 14, 2-5 p.m.  
Section B: Nov. 9 and 11, 2-5 p.m.

An introduction to VAX ULTRIX-32, the Digital Equipment Corporation offering of the UNIX operating system, the class will offer hands-on instruction in the use of a fundamental set of operating system commands and editor commands.

### Introduction to VAX

Section A: Oct. 24 and 26, 10 a.m.-noon  
Section B: Nov. 28 and 30, 10 a.m.-noon

Students learn the basic features of the VAX/VMS system, including login/logout procedures, system utilities, basic commands, printing, and electronic mail. No prior computer experience necessary.

### Symphony

Section A: Oct. 3 and 5, 9 a.m.-noon  
Section B: Nov. 7 and 9, 9 a.m.-noon

Symphony is an integrated software package. Provided is a thorough overview of Symphony's capabilities. Emphasis will be on worksheet and graphics. Methods accessing the different Symphony environments, set-up, and setting windows will be shown.

Individuals interested in attending a course should fill out the following form and return it to HMB, Room 121 (ATTN: Computer Courses) as soon as possible.

NAME: \_\_\_\_\_  
COURSE #1 NAME: \_\_\_\_\_ COURSE #1 SECTION: \_\_\_\_\_  
COURSE #2 NAME: \_\_\_\_\_ COURSE #2 SECTION: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_ PHONE: \_\_\_\_\_



Published each Monday for the staff and faculty of Gallaudet University by the Department of Publications and Production.

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Gallaudet University is an equal opportunity employer/educational institution. Programs and services offered by Gallaudet receive substantial financial support from the U.S. Department of Education.

## Fitness programs available here

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measurements of chest, waist, hip, thigh, calf, arm, and wrist. A fitness counselor reviews the evaluation with the client and helps establish short- and long-term fitness goals.

The physical fitness analysis will cost Gallaudet faculty, staff, and students \$50 compared with fees of \$150-\$250 charged by independent fitness industries. Gallaudet's charge for the Dine system nutritional analysis is \$30. Faculty, staff, and students who purchase \$50 worth of Gallaudet Workout tickets will be charged \$20 for the fitness analysis and \$15 to participate in the Dine program.

Anyone interested in these programs can contact the Department of Physical Education and Recreation at x5591.



Priscilla "P.K." Krisman (right front) leads MSSD's football team through their first Gallaudet Workout. After trying the Workout once herself, Rocco DeVito, coordinator of Co-Curriculum Programs, asked Krisman to teach the players.

## New Workout classes start soon

People on campus are invited to participate in two free Gallaudet Workout classes on Sept. 7 to kick off this fall's offering of aerobic and exercise classes.

The free classes will be held at noon in the Hughes Gym dance studio and at 5:30 p.m. in the Field House.

Gallaudet Workout classes are offered before, during, and after the workday from Sept. 12 through Dec. 16. All classes are taught in sign language and voice simultaneously.

In addition to regular classes, this year's Workout schedule introduces a new Rookie Workout for novices or people wanting a lighter workout.

Classes cost \$4 each, or one ticket. Packages of 10 tickets can be purchased for \$30, and 20 tickets are available for \$50.

People can register on Sept. 8 and 9 by bringing a check, money order, or exact cash to the University Center Atrium from noon-2 p.m.; MSSD Gym, noon-1 p.m.; or KDES lobby, noon-1 p.m. To register after Sept. 9, stop by the Field House, Room 101, from 8:30 a.m. to 4 p.m. For more information, call the Gallaudet Workout at x5591.

### Monday and Wednesday

- 12:05-12:50 p.m. Workout, Dance Studio, Hughes Gym
- 5:30-6:30 p.m. Workout, Adaptive Room, Field House

### Tuesday only

- 7:15-8 a.m. Workout, Dance Studio, Hughes Gym (no floor work)

### Tuesday and Thursday

- 12:05-12:50 p.m. Body Conditioning/Toning, Adaptive Room, Field House
- 12:10-12:55 Pre-College Workout, MSSD Gym
- 4:30-5:30 p.m. Rookie Workout, Adaptive Room, Field House

### Wednesday only

- 12:05 p.m. Yoga, Adaptive Room, Field House (Yoga class costs \$25 for seven weeks, Sept. 14-Oct. 26, and must be paid for on or before the first class.)

### Friday only

- 12:05-12:50 p.m., Workout, Dance Studio, Hughes Gym

## Classified Ads

**FOR SALE:** '78 Datsun 510 4-dr. sedan, manual trans. w/new clutch and exhaust system, exc. running cond., owner leaving country, must sell, \$500/BO. Call William, x5250 or 397-2470 (TDD) eves.

**FOR RENT:** New townhouse, 1 basement bedroom w/private entrance, \$300/mo.; 1 second floor bedroom, \$250/mo.; both have full use of house, 20-min. drive to Gallaudet, nonsmokers only. Call Barbara, 772-4014 (TDD) after 5 p.m.

**WANTED:** Place to live for Gallaudet student, need immediately, near Metro or bus preferred, can pay up to \$325/mo. inc. util. Call David, x5800 or P.O. Box 783.

**WANTED:** Nonsmoking housemates, professionals, or graduate students for large Capitol Hill row house on bus line to Gallaudet, AC, W/D, 4 rooms available, \$300-\$450/mo. plus util. Call 732-1330 (TDD) days or 543-8764 (TDD) eves.

**WANTED:** Nonsmoking roommate for 1 or 2 bedrooms in townhouse in Seabrook, Md. Call 794-5758 (TDD) after Aug. 29.

## Job Openings

**Some of the advertised positions may already be filled.** The list below includes only new staff and faculty openings and does not represent all jobs available. To get a recorded message describing the complete list, call x5358 or x5359 (TDD).

TEACHER'S AIDE: Special Opportunities Program, KDES  
NURSING SUPERVISOR: Student Health Services

## Announcements

*On the Green* will not be published Sept. 5 because of the Labor Day holiday. Deadline for the Sept. 12 issue is Friday, Sept. 2.

Copies of *The Deaf Way* call for presentations can be obtained from The Deaf Way office in the Gatehouse, x5035.

The revised edition of the *Directory of Programs and Services for Hearing Impaired People in the Metropolitan Washington Area*, published by the National Information Center on Deafness, can be purchased for \$9. The directory lists more than 200 agencies that serve deaf and hard of hearing people, their families, friends, and those who work with them. Checks and interdepartmental invoices should be sent to NICD, LRLE, Room 53. Orders must be prepaid.

Gallaudet community members who have young children are invited to a brown-bag lunch at noon on Thursday, Sept. 1, in the Ely Center Art/Exhibit Room for a discussion of child-related topics. For more information, call Eileen McCartin at x5355.